Feed, hashtags and Email

Hey guys! I'm setting Ushahidi for the first time and nothing seems to be working...

- The RSS feeds are not working. I added a few feeds but they don't seem to work, it just doesn't get the updates. Could anybody tell me exactly how to make them work? I added the RSS feed URL, should I add something else?

- The hashtags were working before but then I changed a couple of them and now none hashtag seems to work.

- The email updates doesn't work either. I test the settings and it says it does work, but it doesn't get the emails in te inbox.

Does anybody has any idea what am I doing wrong? Do you anyone who can help me with this?

Thanks a lot!